

Give a home...share a smile...



organization with zero administrative costs and able to translate every dollar pledged to the direct benefit of the children. Each SOFKIN supported home consists of 10-12 deprived or orphan kids under the care of 1-2 house mothers. The house mothers are usually battered and destitute women trained in cooking and caring for children, evaluated for efficiency, character and attitude before being placed as housemothers in these homes. Each home will have 10-15 children with two housemothers. This operating model not only benefits children but also the women to be self-sufficient. The children in SOFKIN homes are given utmost care and love, provided with healthy food, shelter and education in a secured environment.

As successful entrepreneurs and professionals, many of us dream about helping the poor or contribute to non-profit organizations some time down the road in our lives. However we are too busy driving towards success in our career and personal lives. We can't even get on to the road of service but many of us promise ourselves before going to bed that one day we would give it back to the community. Here is a noble opportunity to realize your dream of helping the needy.

SOFKIN is unique, transparent and a true family to be proudly associated with. So make that commitment today and reach out to SOFKIN at 732 309 6344 or 'contact@sokfin.org' to make a positive difference in a child's life and be proud of yourself!

(Press Release) New Jersey :SOFKIN (Support Organization For Kids In Need) is a non-profit organization, registered in New Jersey under 501(c)3 tax exempt with a mission to Support the upbringing of underprivileged children, irrespective of name or nationality, caste or creed, race or religion by providing basic amenities, education and medical aid in a secure and healthy environment. Chaya Pamula is the founder of SOFKIN. After losing her parents at a young age, Chaya grew up with a strong ambition to help orphan and needy children by giving them a home where they can be loved and nurtured in a secured environment and will be treated no different than any child in our own family. Chaya's desire to start a project for underprivileged children grew stronger over years as she made progress in her career and moved to USA. In the year 2004, Chaya found 'SOFKIN (Support Organization For Kids In Need)' in New Jersey. SOFKIN today supports over 70 children in Hyderabad and Pune in India. This has been possible only with the help of bene-

factors across USA who truly believe in this cause. Chaya Pamula offers a true family by inviting these destitute children into her life with motherly warmth and emotional support. As a business entrepreneur, Chaya has to balance work and family with the third dimension of SOFKIN; when all the SOFKIN's children call her 'Amma' or 'Ma', they truly mean it from the bottom of their little hearts for the invaluable support they receive and as an expression of how blessed they are for being part of her dream in making their dreams come true. The beaming smiles and the success stories of these children speak about the quality of life they receive in SOFKIN. Chaya has a wonderful husband Mohan who provides 200% support for the cause, a daughter who being an integral part of SOFKIN established 'SOFKIN Youth Group' where several students volunteer and take leadership roles in extending SOFKIN's work. SOFKIN is also supported by a dedicated team of friends and well-wishers who pour their heart for the cause and volunteer for SOFKIN. SOFKIN is a thin

HHS Releases New Data on the ACA and Asian Americans and Pacific Islanders

Today, the Department of Health and Human Services released new data on the Affordable Care Act and the expanded coverage it offers Asian Americans and Pacific Islanders. The data brief provides new estimates that suggest that in 2016, 2.0 million out of the 2.5 million Asian Americans who would otherwise be uninsured will gain or be eligible for coverage. The following provides an overview of the coverage and benefits available to Asian Americans and Pacific Islanders in 2012 and those beginning in 2014 as detailed in the brief. Applicable Now

An estimated 2.7 million Asian Americans and Pacific Islanders with private insurance now have access

to expanded preventive services with no-cost sharing. These services include well-child visits, blood pressure and cholesterol screenings, Pap smears and mammograms for women, and flu shots for children and adults.

The 867,000 elderly and disabled Asian Americans and Pacific Islanders who receive health coverage from Medicare also have access to an expanded list of preventive services with no cost-sharing, including annual wellness visits with personalized prevention plans, diabetes and colorectal cancer screening, bone mass measurement and mammograms. 97,000 young Asian American and Pacific Islander



adults between ages 19 and 25 who would have been uninsured now have coverage under their parent's employer-sponsored or individually purchased health plan. Major federal investments to improve quality of care are improving management of chronic diseases that are more prevalent among Asian Americans and Pacific Islanders. Applicable in 2014 and thereafter. In 2016, an estimated 2.0 out of the 2.5 million Asian Americans

who would otherwise be uninsured will be eligible for coverage through the expansion of Medicaid eligibility, through subsidized coverage in the Affordable Insurance Exchanges, or will be newly covered by their employers. Medicaid coverage expands to include Americans with family incomes at or below 133% of the federal poverty guidelines (currently \$30,657 for a family of four) in 2014. This expansion includes adults without dependent children living at home, who have not previously been eligible in most states. These individuals will benefit by having stable health coverage through the Medicaid program. Individuals with incomes up to 400% of the federal poverty guidelines

(currently \$92,200 for a family of four) will be eligible to purchase subsidized coverage from the new Affordable Insurance Exchanges. Investments in data collection and research will help us better understand the causes of health care disparities and develop effective programs to eliminate them. Targeted interventions, such as Community Transformation Grants, will promote healthy lifestyles, lower health care costs, and reduce health disparities. Increased funding available to the more than 1,100 community health centers in all 50 states, the District of Columbia, and Puerto Rico will increase the number of patients served.

Cafeteria Conversation: Aims to Promote Understanding Among Queens College's Diverse Students

New Initiative Gets Students Talking to Break Down Cultural Barriers

FLUSHING, NY. : Lunch hour at the Queens College cafeteria has changed. It is still a meeting place for students to relax, socialize, and eat lunch with friends. But instead of hanging out with friends of the same ethnic or religious backgrounds, some students are having lunch with others whose perspectives, values and philosophies may be contrary to their own. These students are participating in Lunchtime 2.0., a new initiative supported by the Center for Ethnic, Racial and Religious Understanding (CERRU), which is generating a lot of excitement among students. (Just as Web 2.0 seeks to increase interconnectedness between people in cyberspace, Lunchtime 2.0 aims to do the same in physical space). Lunchtime 2.0 is particularly relevant in a diverse environment like QC where students come from

over 170 nations and speak scores of languages. Directed by QC History Professor Mark Rosenblum, CERRU (<http://qccenterforunderstanding.org>) was established to combat intolerance, overcome stereotypes and promote understanding among groups with historic conflicts. Its goal is to "Change Our Community, One Conversation at a Time."

On most Thursdays QC students are invited to spend 40 minutes over lunch conversing about meaningful issues with people they have never met before. Word about the project has been spread through Facebook, Twitter and CERRU mailing lists. A large Lunchtime 2.0 banner and prominent placement at the front of the dining hall have also attracted curious students.

"It's a way of bringing students from different

backgrounds together in a casual environment to talk about their values, concerns and hopes for the future," says Steven Appel, assistant director and co-founder of CERRU, who conceived and worked for a year to develop Lunchtime 2.0. "The goal is to develop empathy and cross-cultural understanding between groups who are often invisible to one another."

At these Thursday lunches, each participant is randomly paired and given the same questions to answer while his/her "partner" takes notes on cards. Then they switch roles. Questions include: What are your most important values? What make you feel guilty and why? What would you like to see happen in this country in the next 50 years? The cards are collected and the comments anonymously posted on Lunchtime 2.0's Facebook page. Some students become so engaged they find it difficult to end their conversations. Naaila



Hassan, a Pakistani Muslim majoring in Political Science, is a case in point. During one of these lunch sessions, Hassan spent 45 minutes talking to Abisooop Dutta, a CERRU facilitator from India who is studying for a master's degree in History, about their divergent perspectives on the 1947 partition of India. It turned out to be the beginning of a good friendship.

"Programs like this - especially in an environment as diverse as Queens College -

are great in dispelling stereotypes about people and encouraging cross-cultural conversations," says Hassan. Appel feels this student-driven concept, which can easily be replicated, has potential beyond QC. If the program continues to grow, he plans to create a short manual for use by other colleges, high schools, and businesses. "We shouldn't underestimate the positive social transformations of these interpersonal experiences on our students...and on our country," says Appel.

Black Hole Caught Red-Handed in a Stellar Homicide

WASHINGTON -- Astronomers have gathered the most direct evidence yet of a supermassive black hole shredding a star that wandered too close. NASA's Galaxy Evolution Explorer, a space-based observatory, and the Pan-STARRS1 telescope on the summit of Haleakala in Hawaii, were among the first to help identify the stellar remains.

Supermassive black holes, weighing millions to billions times more than the sun, lurk in the centers of most galaxies. These hefty monsters lay quietly until an unsuspecting victim, such as a star, wanders close enough to get ripped apart by their powerful gravitational clutches.

Astronomers have spotted these stellar homicides before, but this is the first time they identified the victim. Using several ground- and space-based telescopes, a team of astronomers led by Suvi Gezari of the Johns Hopkins University in Baltimore identified the victim as a star rich in helium gas. The star resides in a galaxy 2.7 billion light-years away. The team's results will appear in today's online edition of the journal Nature.

"When the star is ripped apart by the gravitational forces of the black hole, some part of the star's remains falls into the black hole while the rest is ejected at high speeds," Gezari said. "We are seeing the glow from the stellar gas falling into the black hole over time. We're also witnessing the



spectral signature of the ejected gas, which we find to be mostly helium. It is like we are gathering evidence from a crime scene. Because there is very little hydrogen and mostly helium in the gas, we detect from the carnage that the slaughtered star had to have been the helium-rich core of a stripped star."

This observation yields insights about the harsh environment around black holes and the types of stars swirling around them. It is not the first time the unlucky star had a brush with the behemoth black hole.

The team believes the star's hydrogen-filled envelope surrounding the core was lifted off a long time ago by the same black hole. The star may have been near the end of its life. After consuming most of its hydrogen fuel, it had probably ballooned in size, becoming a red giant. Astronomers think the bloated star was looping around the black hole in a highly elliptical orbit, similar to a comet's elon-

gated orbit around the sun. On one of its close approaches, the star was stripped of its puffed-up atmosphere by the black hole's powerful gravity. The stellar remains continued its journey around the center, until it ventured even closer to the black hole to face its ultimate demise.

Astronomers predict stripped stars circle the central black hole of our Milky Way galaxy. These close encounters are rare, occurring roughly every 100,000 years. To find this event, Gezari's team monitored hundreds of thousands of galaxies in ultraviolet light with the Galaxy Evolution Explorer, and in visible light with Pan-STARRS1. Pan-STARRS, short for Panoramic Survey Telescope and Rapid Response System, scans the entire night sky for all kinds of transient phenomena, including supernovae.

The team was looking for a bright flare in ultraviolet light from the nucleus of a galaxy with a previously dormant black hole. Both

telescopes spotted one in June 2010. Astronomers continued to monitor the flare as it reached peak brightness a month later and slowly faded during the next 12 months. The brightening event was similar to the explosive energy unleashed by a supernova, but the rise to the peak was much slower, taking nearly one and a half months.

"The longer the event lasted, the more excited we got, because we realized this is either a very unusual supernova or an entirely different type of event, such as a star being ripped apart by a black hole," said team member Armin Rest of the Space Telescope Science Institute in Baltimore.

By measuring the increase in brightness, the astronomers calculated the black hole's mass to be several billion suns, which is comparable to the size of our Milky Way's black hole.

Spectroscopic observations with the Multiple Meter Telescope Observatory located on Mount Hopkins in Arizona showed the black hole was swallowing lots of helium. Spectroscopy divides light into its rainbow colors, which yields an object's characteristics, such as its temperature and gaseous makeup.

To completely rule out the possibility of an active nucleus flaring up in the galaxy, the team used NASA's Chandra X-ray Observatory to study the hot gas. Chandra showed that the characteristics of the gas didn't match those from an active galactic nucleus.

10 Year Celebration...The South Asian Insider

(Contd. from page 1) we have been doing so far. (And you have told us time and again that you agree). Having achieved this 10 Year milestone, we intend to do our best to be the most vocal voice of the community. Having received so much love, appreciation & of course our share of criticism as well, we thank you. Yes you, the ultimate judge of our best efforts. Best interests of South Asian Community (Not our own) has always been the guiding force to us, we have always tried our best to balance our reporting by presenting the facts the way they are, not the way we like them to be presented. As a reputed publication, we always did our best to answer the "Call of Duty", by replacing the "I" with "US".

And yes, we have been doing other things as well, apart from bringing you this quality publication. NuWay Group, our parent company, has been dealing in Marketing



Communications field since a 2002. It owns NWA Media Partners (Earlier known as NuWay Advertising), a full-fledged Ad Agency with office in US & India.

Nu Media, our another company has been dealing in Independent Movies & content production since 2005, when we produced "Windows", a novel 4 Screen attempt by popular & young Director Manan Singh Kathohora. Later we Co produced his popular movie "Paint Me Nude" based on a novel story idea. A music video named "Turn" was also produced with Manan, starring Bollywood & Hollywood celebrities like Reggie Benjamin, Sukhbir, Brandie Rodrigues & vocals by Sonu Nigam. Later we co distributed "Dil Apna Punjabi" in New York, starring Harbhajan Mann. An independent movie "Kheh Suru" with young Director

Sameer Thakur was also co produced. Nu Media is now NWA Media Partners & is co producing an ambitious Punjab movie being currently shot in Mumbai, India. Work is also going on to finalize name of our upcoming weekly TV show to be launched on Web, Social Media & other content distribution sites. We do have exciting plans for future, to take things forward, to build on things we did in past, to find out synergies in our existing business, to enter new areas and weed out non profitable parts of business. NuWay Group, the company behind Insider, also owns Punjabi Duniya, a premium publication launched in 2005, which was later merged in Amritsar Times. We look forward to bring this quality Punjabi paper back to our readers ASAP.

Keep reading; Stay tuned for the latest community news. And don't forget to send your feedback, because what good we are without your suggestions.



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